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Collective Vision and Plans for 2018:  
Results of the December 2017 Business Meeting

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Preventing Falls | Reducing Depression | Supporting Healthy Behaviors



*Challenge:  
Promote the health of older  
adults by collaborating across  
all sectors in Oklahoma.*

## The Meeting in Review

Core members of Oklahoma's Healthy Aging: Living Longer Better collaborative met in December 2017 to strengthen the collective vision, reinvigorate goals, and reach consensus on tactics and actions to increase years of healthy life expectancy for Oklahomans.

The Healthy Aging: Living Longer Better challenge is to promote the health of older adults by collaborating across all sectors in Oklahoma. Since the first Governor's Healthy Aging Summit in December 2014, 430 individuals from among 160 organizations have responded to Oklahoma's challenge.

## Strengthening the Collective Vision

Collaborators adopted this collective vision for 2018: Create healthy aging champions among older adults, their caregivers, and in their communities.

*The Collaborative Vision:  
Create champions among older  
adults, their caregivers, and in  
their communities.*

## Focus Areas

Oklahoma's challenge has three focus areas: ***preventing falls, reducing depression, and supporting healthy behaviors.***

## Preventing Falls

### *Signature Accomplishment in 2017*

- Adoption of State Plan: *Preventing Falls Among Older Adults in Oklahoma*

### *Goal for 2018*

- Enhanced communication and dissemination of information

### *Action Steps for 2018*

- Implement the State plan *Preventing Falls Among Older Adults in Oklahoma.*
- Disseminate fall prevention messages to older adults, caregivers, and communities.
- Launch communication campaign to advance efforts, promote fall prevention materials and evidence-based programs.
- Work with the OSDH Injury Prevention Service to understand the circumstances of fall-related deaths.

## Reducing Depression

### *Signature Accomplishment in 2017*

- Adoption of *Older Adult Behavioral Health State Plan*

### *Goal for 2018*

- Early identification of older adults with depressive symptoms, followed by referral to appropriate treatment

### *Action Steps for 2018*

- Educate and implement an effective method to screen older adults.
- Increase workforce trainings about depressive symptoms, treatment, and recovery., to include Healthy Brain, Healthy Mind, offered by the Oklahoma Healthy Aging Initiative (OHA).
- Integrate the use of screening tools into older adult community settings.
- Provide technical assistance to community site partners in the use, scoring and interpretation of tools.
- Provide technical assistance to partners in identifying local mental health resources.
- Provide technical assistance to partners requesting help in developing a protocol for referrals.

## Supporting Healthy Behaviors

### *Signature Accomplishments in 2017*

- Receipt of grant funding by collaborator OKDHS to improve nutrition: *What a Waste*, National Foundation to End Senior Hunger.
- Collaborator, Oklahoma Methodist Manor, to be featured in January 2018 *American Fitness/Training Edge* promoting senior exercise.

### *Goal for 2018*

- Review data sources, select achievable goals, and create a plan of action.

### *Action Steps for 2018*

- Analyze county-level data on incentives for, and barriers to, healthy behaviors.
- Develop *Age Strong*, this group's working title for promoting increased physical activity among community dwelling older adults and the long term care population.
- Provide a toolkit to help facilities increase physical activity among older adults.



## Conclusion

Following the December 2017 meeting, the three focus area groups will pursue their goals and take action steps in 2018 with the shared vision of creating healthy aging champions. A steering committee including the chairpersons of the focus areas will work periodically to review actions taken, and to review progress towards cross-sector collaboration on the challenge of **Healthy Aging: Living Longer Better.**



## Addendum of Achievements by Focus Area

At the 2016 Summit, Oklahoma Governor Mary Fallin challenged attendees to “develop collaborative plans that can be acted upon to improve health, not just to make a report that we put up on the shelf.” Since the summit, the focus areas worked to bring those collaborative action plans to fruition. The following section celebrates some of those achievements from each focus area. To learn more about these and other successes, please view the full report of the 2017 Business meeting online at [www.healthyaging.health.ok.gov](http://www.healthyaging.health.ok.gov).



### Fall Prevention

The fall prevention workgroup held four strategic planning sessions and worked in several smaller taskforce style groups to accomplish the following items in response to the 2016 Healthy Aging Summit. Together, those contributing to this focus area developed a logic model into the state plan, [Preventing Falls Among Older Adults in Oklahoma](#). Meanwhile, participants from both public and private sectors worked extensively to execute the action steps within the state plan. As a result of their hard work and dedication, the fall prevention workgroup developed and adopted a State Plan and implemented the following action items:

- Tracking and monitoring
  - Provide standardized tools for risk assessment and post-fall investigation and assist with the establishment of a statewide hospital emergency department discharge database.
- Policies and procedures
  - The need to centralize resources was identified and a taskforce was put together to create a [Falls Resources web portal](#).
- Public & Healthcare Provider education
  - Educational materials were developed by a taskforce, and the results were the [Talk About It root cause analysis guide and the Timed Up and Go \(TUG\) assessment for families, communities, and healthcare providers](#).
  - Promotion of the evidence-based fall prevention program, [Tai Chi: Moving for Better Balance](#). This program is designed primarily for community-dwelling older adults and focuses on increasing the number of trained instructors and community classes.
  - Inclusion of older adults in the application criteria of the [Certified Healthy Oklahoma Program](#): a free, voluntary statewide certification.

- Provider/Prescriber resources
  - Education for [nursing home fall prevention intervention](#) is provided at no cost to participating nursing homes.
  - A [presentation on the prevalence of falls](#) among older adults and fall prevention strategies was created and can be modified as needed.

### **Reducing Depression**

The reducing depression workgroup is developing an action plan to achieve its objectives. Those objectives include identifying and developing partnerships with community sites; developing and providing staff training on depression and the use of screening tools; providing technical assistance to the site on identifying local mental health resources and a protocol for referrals; and promoting the *Healthy Brain, Healthy Minds* education program to improve physical and mental health. Additionally, some members of the workgroup serve as agency designees to advance the State Plan for Older Adult Behavioral Health. The 2016 collaborative action plan realized success in the following ways.

- Solidifying the support of leadership among Oklahoma’s state agencies through the adoption of a state plan and designation of staff to assist with implementation.
- The [Older Adult Behavioral Health State Plan \(BHSP\)](#) was adopted by ODMHSAS, OHCA, OSDH, and OKDHS. The BHSP commitments to action include screenings, suicide prevention, evidence-based programs, education, integration, cross-training and workforce development, and a comprehensive system of care for older adults.
- Centralizing resources: a recurrent theme from the 2016 Summit, the Oklahoma Mental Health and Aging Coalition (OMHAC) [revitalized their website to address this need](#).

### **Supporting Healthy Behaviors**

The focus areas of improving nutrition and increasing physical activity were separate focus areas until late 2017 when it was decided to merge them into a single work group for supporting healthy behaviors. Achievements include the following:

- Grant Projects: Oklahoma was awarded two grant projects that will begin in 2019 through the joint efforts of the Oklahoma Department of Human Services, and the [What A Waste \(WAW\) program](#) through the [National Foundation to End Senior Hunger](#).



- Message Framing: In the January 2018 edition of [American Fitness/Training Edge](#) magazine, Healthy Aging collaborating organization Oklahoma Methodist Manor and Healthy Aging participant Joe Carson was featured in an article titled “Changing Old-School Thinking on Senior Exercise.”

## Business Meeting Participants

AARP Oklahoma  
Area Agencies on Aging  
Choctaw Nation Health System  
Companion Health Services  
NewView Oklahoma  
Oklahoma City County Health Department  
Oklahoma Department of Mental Health and Substance Abuse Services  
Oklahoma Foundation for Medical Quality  
Oklahoma Department of Human Services  
Oklahoma Healthy Aging Initiative  
Oklahoma Mental Health and Aging Coalition  
Oklahoma State Council on Aging  
Oklahoma State Department of Health  
Oklahoma Suicide Prevention Council  
Sunbeam Family Services  
TMF Health Quality Institute  
United Way of Central Oklahoma  
University of Central Oklahoma, Kinesiology & Health Studies  
University of Oklahoma  
Willow Creek Health Care

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## Focus Area Leaders

### SUPPORTING HEALTHY BEHAVIORS

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### PREVENTING FALLS

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**FACILITATION:** GINGER THOMPSON, PERFORMANCE SOLUTIONS, INC.

**EVENT LOCATION:** OKLAHOMA CITY-COUNTY HEALTH DEPARTMENT AUDITORIUM

**PHOTOGRAPHY:** CODY McDONELL, OKLAHOMA STATE DEPARTMENT OF HEALTH

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